



TGSS TUCKSHOP - TERM 1 2021

If you have questions about our menu or would like to help out in the tuckshop, please contact our convenor Jess Smith at tuckshop@tgsspc.org.au.

Open Tues-Fri
Closed Mon
Order by 8:45am on
flexischools.com.au

PRE-ORDER ONLY

DAILY SPECIALS

Tuesday	Karaage Chicken Bowl	\$5.00
Wednesday	Frittata & Salad	\$6.50
Thursday	Sushi (order by 10am Weds)	\$3.00ea
Friday	Burger	\$5.00
	Chicken/Beef/Veggie	

Make it a meal: add popcorn and a drink to any special for just \$2.50.

SANDWICHES, WRAPS & TOASTIES

Spreads		\$2.00
	Vegemite/Honey/Jam	
Ham & Cheese		\$3.50
Create Your Own	from	\$1.80
Extras	add	\$0.50ea
	Wrap/Gluten Free/Toasted	

SALADS

Garden Salad	\$4.50
Fresh lettuce served with cucumber, carrot, tomato and dressing (Italian/Caesar/Mayo)	
Protein Power Salad	\$6.50
Fresh lettuce served with tomato cucumber, grated carrot, grated cheese, sliced egg and choice of roast chicken/chicken tenders/sliced ham	

BRAIN BREAK

Collect from tuckshop before school

Fresh Fruit Salad	\$2.50
Piece of Fruit	\$1.50
Cut Up Veggies	\$1.50

SNACKS

Corn on the Cob	\$1.20
Pikelets with Jam	\$1.80
Hard-Boiled Egg	\$1.20

EVERYDAY HOT FOOD

Fried Rice (GF)	\$4.50
Vegetarian Fried Rice (GF)	\$4.50
Spiral Bolognese	\$4.50
Mac'n'Cheese	\$4.50
Beef Pie	\$3.50
Sausage Roll	\$3.20
Spinach & Ricotta Roll	\$3.50
Mini Sausage Roll	\$2.50
Mini Pie	\$2.50
Nachos (GF)	\$4.20
Garlic Bread Roll	\$2.50
Homemade Mini Pizza	\$2.50
	Cheesy/Ham & Pineapple
Crumbed Chicken Tender	\$1.60
Tomato Sauce	\$0.50ea
Soy Sauce	\$0.20ea

PRE-ORDER OR OVER THE COUNTER

SNACKS

Yoghurt Tub	\$1.00
	Strawberry/Vanilla
Cheese & Crackers	\$1.20
Apple Slinky	\$1.50
Veggie Stick Cup	\$2.00
	Carrot/Cucumber with Hummus
Home Baked Item (sweet)	\$1.50
Frozen Pineapple Hula Hoop	\$1.00
Quelch Ice Block	\$0.50
Calippo Ice Block	\$1.00
Bulla Ice Cream Cup	\$1.50
Popcorn	\$1.00
Red Rock Deli Chips	\$1.50
	Sea Salt/Honey Soy

DRINKS

Fruit Juice Popper	\$2.00
	Orange/Apple/Apple & Blackcurrant
Flavoured Milk Popper	\$2.00
	Chocolate/Strawberry
Water (600ml)	\$2.00
Fruit Slushie	\$1.50
Sipahh Straw and Milk	\$1.00

BIRTHDAY TREATS

Class Pack of Quelch Ice-Blocks	\$15.00
Class Pack of Calippo Ice-Blocks	\$25.00